



Search

for

News

- National NRCS News
- News Releases
- Success Stories-
2003
- Success Stories-
2004
- Success Stories-
2005

- Find a Service Center

West Virginia NRCS News and Views

**USDA Natural Resources Conservation Service
February 2006**

In this News and Views

- [Message from State Conservationist](#)
- West Virginia NRCS Employees Help with Hurricane Recovery, Part 2
 - [Detail in the Big Easy](#)
 - [Katrina Clean Up](#)
- [From the Field](#)
- [CSP Meetings](#)
- [Search for Dissolved Phosphorus](#)
- [Plant Material Center Partners in Native Plants Project](#)
- [Save Energy Save Money](#)
- [Agricultural Statistics](#)
- [Growing New Farmers](#)
- [Conservation Education](#)
- [Bits and Pieces](#)
- [Useful Web Links](#)
- [Meet . . .](#)
- [Delmas Carr Retires](#)
- [Norris Long Retires](#)
- [Civil Rights](#)
- [Personnel News](#)
- [Upcoming Events](#) (PDF)

[Message from State Conservationist](#)

[Detail in the Big Easy](#)



When families returned to their damaged houses, they had no choice but to drag most of the contents of their homes to the curb.

[...More Info](#)

[Katrina Clean Up](#)



I began to notice that other things were out of place as well. Trees had crashed down on houses, on cars; trees root balled pulling up sidewalks . . .

[...More Info](#)

[From the Field](#)



Moorefield Service Center, Little Kanawha RC&D, Mountain RC&D, Mount Clare Service Center, Water Resources, Conservation Engineering A&E Contract Update

[...More Info](#)

[CSP Informational Meetings](#)

The Natural Resources Conservation Service (NRCS) sponsored nine informational meetings to explain the Conservation Security Program (CSP) in the Little Kanawha Watershed and three meetings in the Lower Kanawha Watershed during December.

[...More Info](#)

[Soil Survey Staff Search for Dissolved Phosphorus](#)



There was a large void in the literature about the content of phosphorus in West Virginia soils. So the WV Soil Survey staff began studying soil phosphorus and added a great deal of information to the data gap.

[...More Info](#)

[Plant Material Center Partners in Native Plants Project](#)



The Alderson West Virginia Plant Materials Center (PMC) is helping the U.S. Army Corps of Engineers (USACE) fulfill its mission of restoring ecosystems to their natural state.

[...More Info](#)

[Save Energy Save Money](#)



By using conservation practices, producers can save money and energy without having to sign up for programs or fill out paperwork.

•Agriculture Secretary Mike Johanns

[...More Info](#)

[Agricultural Statistics](#)



In December, the U.S. Department of Agriculture's National Agricultural Statistics Service (NASS) launched a newly redesigned web site. With a simple click of the mouse, there is now more agricultural data available at your fingertips.

[...More Info](#)

[Growing New Farmers](#)



Growing New Farmers (GNF) is a regional initiative to provide future generations of Northeast farmers with the support and expertise they need to succeed. . . . there are twice as many farmers over the age of sixty-five as under 35. Over 400 million acres of farmland will change hands in the next twenty years.

[...More Info](#)

Conservation Education

2006 West Virginia Envirothon slated for April 27 at Jackson's Mill [...More Info](#)

Bits and Pieces



Banners, exhibits, and brochures

[...More Info](#)

Useful Web Links

Limiting Liability to Landowners, Power Outage, Thrift Savings Plan Catch-Up, New CPR, Merit Principles Survey, Salary Tables

[...More Info](#)

Meet . . .



World Traveler jumps into the lake. . . in February

[...More Info](#)

Retirements

[Delmas Carr](#)



Friends & co-workers turned out to celebrate Delmas Carr's retirement on January 12th

[...More Info](#)

[Norris Long](#)



Norris Long, Soil Conservation Technician, at the Buckeye Service Center (Marlinton Field Office) retired on January 3rd with 30 years of service.

[...More Info](#)

[Civil Rights](#)



The History and Origins of National Black History Month and National Wear Red Day.

[...More Info](#)

[Personnel News](#)

[Upcoming Events](#) (PDF)

To submit news items for the May *News and Views*, please send an e-mail message to

[Carol Lagodich](#)

The Natural Resources Conservation Service provides leadership in a partnership effort to help people conserve, maintain and improve our natural resources and environment.

NRCS West Virginia State Office

75 High Street Room, 301, Morgantown, WV 26505

304-284-7540 | fax 304-284-4839

<http://www.wv.nrcs.usda.gov/>

Ronald L Hilliard, West Virginia State Conservationist

NRCS field offices are located throughout West Virginia

Visit <http://www.wv.nrcs.usda.gov/contact/> for addresses and phone numbers.

An Equal Opportunity Provider and Employer

[< Back to West Virginia News](#)

Last Modified 02/09/2006

[▲ Back to Top](#)

West Virginia NRCS Home | [Site Map](#) | [Contact](#) | [Accessibility](#) | [NRCS](#) | [USDA](#)



Search

for

News

- National NRCS News
- News Releases
- Success Stories-
2003
- Success Stories-
2004
- Success Stories-
2005
- Find a Service Center

Message from Ron Hilliard

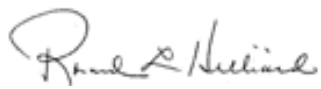
2005 was a successful year. The following are some examples of 2005 achievements that improved water quality, reduced soil erosion, increased wildlife habitat, and improved management of crop and grassland in West Virginia:

- Grazing plans were developed on over 80,800 acres and installed on 48,880 acres of grassland. Nearly 4,360 people participated in 55 grazing land activities including field days, pasture walks, and grazing schools. There were 19 active demonstration projects.
- Watershed technical assistance protected 2.5 million acres and benefited 1.1 million people (63 percent of the State of West Virginia) with flood damage reduction, recreation, and/or water supply.
- Through WHIP, NRCS and USFWS have constructed over 67 miles of fence and protected over 10,000 acres of riparian corridors.
- Wildlife habitat management plans and contracts were completed on 25,741 acres for 140 West Virginia landowners
- Funding was available for 360 EQIP applications, totaling \$5,940,360.
- Through AMA, 22 Sustainable Organic & Truck Crop Farming contracts received \$367,054 in financial assistance.
- 109 Manure Transfer-Nutrient Management contracts were funded for \$331,809
- In 2005, West Virginia had 35 counties with soils map data available for the web soil survey. Soils map data is in progress for 20 counties.
- The six West Virginia RC&D Councils completed 137 projects during FY-05. The estimated value of these projects was 2.7 million dollars. 3,015 people developing new skills through workshops and training events.
- The Plant Materials Center serves Appalachia by evaluating plants for their ability to solve specific conservation problems related to climate, the rugged

topography, soil limitations, various land uses, fish and wildlife needs and desires of the landowners.

- Thirty-one sites from the three flood events were repaired— including the removal of flood debris from 1,590 feet of stream channel, stabilization of 4,126 linear feet of streambank, and the revegetation of more than 9 acres of land. As a result of this work, 50 private buildings, 7 public buildings and 6 businesses were protected.

I sincerely want to thank all of you—the NRCS staff, the District staff, and all the Conservation Partners—for this great effort.

A handwritten signature in dark ink, appearing to read "Ron Hulse". The signature is fluid and cursive, with the first name "Ron" being more prominent than the last name "Hulse".

[< Back to February News and Views](#)

[▲ Back to Top](#)

[West Virginia NRCS Home](#) | [Site Map](#) | [Contact](#) | [Accessibility](#) | [NRCS](#) | [USDA](#)



Search

for

News

- National NRCS News
- News Releases
- Success Stories-2003
- Success Stories-2004
- Success Stories-2005
- Find a Service Center



Detail in the Big Easy

Submitted by Rebecca D Flanagan

Rebecca and two USACE
employees

Just weeks before Hurricanes Katrina and Rita hit the gulf coast, Federal Emergency Management Agency (FEMA) sent out an e-mail asking for government volunteers to assist after disasters. Once the clean-up started, the United States Army Corps of Engineers (USACE) requested USDA provide up to 500 personnel to support Quality Assurance Debris Removal and Temporary Roofing missions.

The Temporary Roofing mission (or 'Blue Roof'—so named for the tarps used to patch the roofs) was first priority and ended in early November. The Debris Removal Mission was in operation from soon after the hurricanes passed and encompasses the majority of work still needing done in New Orleans.

Working out of Jefferson Parish, just west of New Orleans, USACE employees worked on the Debris Mission mainly as Debris Removal Quality Assurance Specialist (QA). There were also positions in the office, at landfills and overseeing the removal of potentially dangerous trees and branches (aka Leaners & Hangers).

FEMA is the main agency operating in the Gulf Coast. For these missions, FEMA contracted USACE who in turn contracted a local contractor. The amount of work required the local contractor to hire hundreds of sub-contractors. Working as Debris Removal Quality Assurance Specialists meant overseeing the work performed by the subcontractors.



When families returned to their damaged houses, they had no choice but to drag most of the contents of their homes to the curb. Furniture, clothing, toys, carpet, food, drywall, everything had to be thrown out.

Different contractors had different duties, some removed house debris, others trees, others cars and others 'white goods'—cook stoves, refrigerators, washers/dryers, microwaves, dishwashers, etc. Some 47,000 have been collected.



These refrigerators first have the coolant removed and then the food. Most of them had food that sat for up to 4 months without electricity!

Millions of cubic yards of debris were created by the hurricanes, 50 million by some estimates. To put that into perspective, the average professional football stadium could hold only about 2 million cubic yards. There will be years of work before New Orleans can be what it once was.



Lower 9th Ward, where the levee broke

For more information:

For pictures taken by Corps workers, check out this website. There are a lot of the 9th Ward and surrounding areas. Some AMAZING photos!! <http://community.webshots.com/user/wkmen>

A very informative article written by a Corps employee can be found at http://www.govexec.com/story_page.cfm?articleid=33135&dcn=e_gvet It is a very good read, quite accurate.

< Back to February News and Views



Search

for

News

- National NRCS News
- News Releases
- Success Stories-
2003
- Success Stories-
2004
- Success Stories-
2005
- Find a Service Center

Katrina Clean Up

Submitted by Laura Davis, Soil Conservation Technician

I reported for duty at 0700 to the USACE Baton Rouge Recovery Field Office, Baton Rouge Louisiana on October 31st, 2005. The RFO is located in a seven story office building and every nook and cranny of the building is filled with gov't employees, their computers, maps, supplies...there was no mistake that I was in the command center for Hurricane Katrina.

I was immediately escorted down the hall, introduced to the nurse and received my Hepatitis A shot—I knew then I was going to New Orleans.

We had a 10-hour day of "processing in" at Baton Rouge. Safety meetings, orientations, issuance of supplies, hard hats, rain jackets, lots of antibiotic hand cleaner, several cases of water and a FEMA phone. I was instructed to have the phone on at all times. The Transportation Department in the RFO gave us all a map (3 volunteers processed in with me) and instructions for the Lafreniere Park Recovery Field Office in New Orleans. I loaded up my SUV and headed south. I arrived at LAF PK, checked in and headed for my hotel.

We were working seven twelve hour days (7/12's) in the first few weeks of my stay. Reporting to the RFO in LAF PK were over 130 gov't volunteers. My first mission was "debris". By 7:15 AM, I was assigned to a zone and introduced to my zone leader Lorenzo Santana. I followed him in my car to the neighborhood where there were 18 to 20 crews scattered throughout the zone. Each crew included a large pickup with a dump trailer, 3 laborers, and a skid steer with a grabber to scoop up debris.

Two impressions hit me at once as I stepped out of my car for the first time. The first was the ground shakes and kind of jiggles as if one was standing on paved jello.



The second...as I looked down the block, on both sides of the street between the sidewalk and the curb, were large piles of personal belongings, furniture, kids toys, appliances, carpets, drapes, mattresses, as well as sheetrock and construction debris from the gutting of each and every home. Imagine taking ALL your personal belongs and piling it up on the curb....then gut your house and pile that up on the curb. It was an amazing sight, house by house, street by street, neighborhood after neighborhood, town after town.

As I soaked up my surroundings, I began to notice that other things were out of place as well. Trees had crashed down on houses, on cars; trees root balled pulling up sidewalks, houses with numerous blue tarps fastened to the roof, windows boarded up.



The debris job included inspecting loads as they were being gathered in the street, writing the landfill ticket, and insuring safety by OSHA guidelines. I chased debris haulers for about 7 days. The pace of the work is constant, for 12 hours. The haulers have to have a ticket from us before they leave the neighborhood so as a gov't inspector, we were in great demand

I was part of the debris mission for about a week and then I was selected for "Leaners and Hangers" (I affectionately referred to this mission as cutters and canners).

"Leaners and hangers" are hurricane damaged trees on the public right of way. A leaner is a tree that is leaning, posing an immediate public threat to the right-of- way (ROW). A hanger is a limb that has been twisted or broken, and is hanging in the tree posing a public threat. The contract was nearly 4 million dollars to take care of these trees. I was assigned a zone and a bucket truck. The crew consists of a chain saw operator, and two laborers. We wrote landfill tickets for every tree that was chain

sawed in and every tree we cut down. After about a week with this crew, who by the way, “no habla ingles” and fortunately for me, I still had a little espanol left over from college. I was able to communicate with these crews and really enjoyed the opportunity to expand my vocabulary. The tree mission expanded to nearly 20 crews and I became the Team Leader for this mission. My telephone rang off the hook, 12 hours a day, 7 days a week as we had 15 to 20 crews on the street and many an opportunity to make an “on your feet” decision as to whether or not this particular tree posed an immediate threat. I dealt with many an irate homeowner; upset, worn out crews; and burned out gov’t employees. I shut crews down in violation and held roadside “safety meetings” with discussions on proper flagging, steel toed boots, hard hats, public outreach, fraud and so on. I rode this mission to the end as it was wrapping up when I departed. We cut down nearly 4,000 trees and trimmed almost 30,000 trees. That’s a lot of trees! During my stay, our FO removed enough debris to have filled up the Super Dome 12 times.

I had a few holidays off while I was there and took the opportunity to tour around. I went to the 9th ward, Gentilly, Lakeview, French Quarter as well as Plaquemines and St. Bernard’s Parrish and the Mississippi coast. The damage is well described as “Destruction of Epic Proportion”. These areas suffered wind damage, 36’ high tidal surges, levee breeches and massive flooding.



Inside a house



Lakeview levy breach



Lakeview houses off foundation



Lakeview marina

One million residents have been displaced. My compliments to the USACE for their dedication, organization and perseverance in the Katrina effort.

I am grateful to have participated in the clean-up effort and I would go again given the opportunity.



Levies



Wrong side of levy



Rows of refrigerators

[< Back to February News and Views](#)

[▲ Back to Top](#)

[West Virginia NRCS Home](#) | [Site Map](#) | [Contact](#) | [Accessibility](#) | [NRCS](#) | [USDA](#)



Search

for

News

- National NRCS News
- News Releases
- Success Stories-2003
- Success Stories-2004
- Success Stories-2005

- Find a Service Center

From the Field



Building a Lake

Ed Kesecker, District Conservationist at the Moorefield Service Center, was interviewed for a West Virginia Wildlife television story that aired on January 18.

The story was about NRCS/WVDNR cooperative efforts for fishing at Lost River site 10 on Parker Hollow. The primary objective of the project is flood control with the additional benefit of a water supply for Hardy County and recreational angling. Parker Hollow Lake should be open to fishing later this year.

To see the interview go to <http://www.wchstv.com/newsroom/wwwildlife/2006/ww060118.shtml>

For more information contact [Ed Kesecker](#) at the [Moorefield Service Center](#).

Little Kanawha RC&D

The Little Kanawha Resource Conservation and Development program (RC&D) has accomplished many things this past year. In 2005, Little Kanawha RC&D and its partners:

- Completed 32 projects.
- Trained 507 people through workshops and training events.
- Assisted 7 local businesses and 21,000 citizens from the Little Kanawha RC&D area, including Calhoun, Jackson, Pleasants, Ritchie, Roane, Tyler, Wetzel, Wirt, and Wood counties.

For more information, contact [Kurt Simon](#) at the [Little Kanawha RC&D Office](#).

Mountain RC&D

Mountain RC&D and the McDowell County Waste Water Coalition had its first stream improvement success utilizing the USDA Rural Development 504 grant and loan program. An elderly, low income individual was assisted with installation of a new septic system. This is the first of many more stream improvement projects that the Coalition hopes to complete.

Mountain RC&D, working with the US Forest Service Grant, assisted local NRCS field offices with the completion of two new dry hydrants in Raleigh and Summers Counties. Two new cost share applications for funding have been accepted.

Mountain RC&D, partnering with WVU Extension, completed six Estate Planning Workshops in Nicholas, Summers, Mercer, Greenbrier, Pocahontas and Monroe Counties. Larry Rogers, an estate planner with Arnett and Foster, was the presenter.

Mountain RC&D assisted the Minden Community in Fayette County with the construction of a new storage and meeting facility. Some of the building material came from the World Vision Warehouse located in Philippi WV. World Vision is a Christian relief and development organization dedicated to helping children and their communities worldwide reach their full potential by tackling the causes of poverty.

For more information contact [Mike Gasper](#) at the [Mountain RC&D Office](#).

CSP Preparation Meeting

A Conservation Security Program (CSP) preparation meeting was held on Jan 12, 2006 at the Quiet Dell United Methodist Church. Jeff Griffith and Herb Andrick provided information to 42 producers on the CSP program. The goal of the meeting was to make participants more aware of CSP and provide them with minimum qualifications and program requirements for the program. This in turn will make it easier for them to participate in the program in future years.

CSP signup is based on annual watershed rotations. Each year producers in approximately one-eighth of the nation's 2119 watersheds will be eligible for the signup—everyone will have the opportunity to participate over the eight-year period. We don't know what watersheds will become eligible for CSP in the next round. Producers who are not in a previously selected watershed can use this time to assess the resources on their farms and begin preparing for participation in the program.

Farmland Preservation Women's Club Topic

A program was presented by Jeff Griffith to the Lost Creek Women's Club on Monday, January 16th. A discussion was held on prime farmland & recent development and well as potential avenues to preserve farmland within the County.

For more information contact [Jeff Griffith](#) at the [Mount Clare Service Center](#).

Water Resources

Submitted by [Pam Yost](#), Agricultural Economist

Dunloup Creek Watershed

The Water Resources Staff is developing a watershed plan for the Dunloup Creek Watershed, located in Raleigh and Fayette Counties. Almost 300 properties are subjected to flooding in the small towns of Glen Jean, Harvey, Red Star, Mt. Hope, and Kilsyth. If you've gone white water rafting on the New River, you have most likely traveled beside Dunloup Creek on your way to the put-in point at Thurmond.

Several options have been evaluated for the community, including dams and channels, but nothing has proven effective at solving the flooding problem. NRCS, along with the WVCA and the Southern Conservation District, is formulating a voluntary floodplain buyout option for the community. About 200 people turned out for a public meeting in January and many expressed interest in this option.

NRCS is currently working with the National Geospatial Development Center in Morgantown to develop visual images of the floodplain and the impact of various

alternatives on the flood levels.



Steve Carpenter, Alan Staddon, Ron Hilliard, Pam Yost, Jon Hempel, and Louis Aspey discuss ways to produce three-dimensional landscapes to visualize flood events.

The DRAFT Environmental Assessment will be ready for review in Spring 2006.

Morgan County Water Resource Plan

Two planners from the Water Resources Staff are assisting the Morgan County Commission with a comprehensive water resource plan for Morgan County. This area is one of the fastest growing counties in WV. Future water supply is the focus of the study. Currently, the NRCS, WVCA, and Eastern Panhandle Conservation District are negotiating with an engineering firm to conduct segments of the comprehensive study.

Lost River Watershed Project

A Supplemental Plan - Environmental Impact Statement is being prepared for the Lost River Watershed Project in Hardy County. Three of five dams planned for the watershed have been constructed, with Site 16 on Lower Cove Run and Site 23 on Cullers Run remaining to be built. The Potomac Valley Conservation District, Hardy County Commission, and the WVCA are partners on this watershed project. Lost River was authorized as a PL534 Watershed project in 1974. Supplements have been prepared several times to update project information.

Conservation Engineering A&E Contract Update



As of Sept. 2005, four separate engineering contracts (IDIQ)'s were awarded to excellent engineering firms, for a total of approximately \$150,000, for assistance with conservation work (see Map) throughout the state. We negotiated three contracts for the following scope of work for the

- Preparation of plans of work and **surveying of 16 separate sites for irrigation designs located throughout the state**, totaling approximately 102

acres.

- Preparation of a plan of work, site visit and survey for **7 agricultural waste systems** (two different A&E awards) located throughout the state. To date, **five surveys are complete** and the other two are on hold until a revised preliminary plan is complete.

To date *all field surveys have been completed* and they are currently being downloaded, reviewed and drawn for submittal to NRCS. All field surveys and mapping included establishing temporary benchmarks, identifying necessary appurtenances and crop row spacing. Each site survey has an established vertical and horizontal control based on State Plane Coordinate System and NAVD '88 datum, plotted at 1"=50' horizontal scale with a 2' contour intervals unless otherwise approved. Designs for all the above work is scheduled to be completed in 2006.

A fourth contract was negotiated for the

- Design of a Reinforced concrete unroofed tank structure that will hold manure and be water tight with a 2.5' backfill height
 - a wall 4', 6' and 8' height and parallel wall separation distance of 30 or 60'
 - Soil coeff., $k_a = .33$, Soil Weight=120 pcf, and full drainage behind wall, allowable soil bearing pressure of 1,000 and 2,000 psf, manure loading rate 65 ft³, dynamic load 1.5 time liquid, impact load =100#/ft top of wall)
- Design of a Reinforced Concrete wall structure (with concrete floor) that will support a Hoop Membrane Roof that is a 2 sided structure designed to store dry-stackable manure with
 - 2.5' Backfill height with wall height 4',6',8' and a parallel wall separation distance 30, 50 and 62', other standard parameters.
- Design of a Wood Post (with concrete floor) structure that will support a Hoop

Membrane Roof that is a 2 side structure designed to store dry-stackable manure, 2.5' Backfill height with wall height 4',6',8' and a parallel wall separation distance 30, 50 and 62', other standard parameters

To date, the preliminary designs are completed by NRCS. The final designs will be submitted for review by the end of the month.

Last Modified 02/09/2006

[< Back to February News and Views](#)

[▲ Back to Top](#)

[West Virginia NRCS Home](#) | [Site Map](#) | [Contact](#) | [Accessibility](#) | [NRCS](#) | [USDA](#)



Search

for

News

- National NRCS News
- News Releases
- Success Stories-
2003
- Success Stories-
2004
- Success Stories-
2005
- Find a Service Center

CSP

Informational Meetings

The Natural Resources Conservation Service (NRCS) sponsored nine informational meetings to explain the Conservation Security Program (CSP) in the Little Kanawha Watershed (parts of Braxton, Calhoun, Clay, Doddridge, Gilmer, Lewis, Ritchie, Roane, Upshur, Webster, Wirt and Wood Counties) and three meetings in the Lower Kanawha Watershed (parts of Jackson, Kanawha, Mason, Putnam, and Roane Counties) during December.

Over 150 landowners attended the 12 meetings—turnout varied anywhere from 2-43. “The meetings went very well,” said Greg Kist, Assistant State Conservationist for the West Area, who attended 11 of the meetings. “I thought we had good attendance and very high interest. We had a few that signed their card “No” and went out the door. But, for the most part, they were all very interested in signing up or at least coming in and seeing how eligible they were and what kind of dollars we were talking about. I would like to give some “kudos” to Herb Andrick. He did an outstanding job with those meetings. He is very dedicated—11 of those 12 meetings were at night—so those were very long nights for him driving all the way back to Bridgeport. It was very informative for the land owners, if they didn’t get the information that they needed at that meeting, they just weren’t paying attention. Herb did a great job with those meetings and I appreciate it”.

Herb also congratulated Greg for coming out to the meetings. “DCs need to start getting their farmers ready and getting them thinking about the program” said Herb. Some are scheduling preparation work shops. CSP sign-up is based on annual watershed rotations. Each year producers in approximately one-eighth of the nation’s 2119 watersheds will be eligible for the signup—everyone will have the opportunity to participate over the eight-year period. We don’t know what watersheds will become

eligible for CSP in the next round. Producers who are not in a previously selected watershed can use this time to assess the resources on their farms and begin preparing for participation in the program.

[< Back to February News and Views](#)

[▲ Back to Top](#)

[West Virginia NRCS Home](#) | [Site Map](#) | [Contact](#) | [Accessibility](#) | [NRCS](#) | [USDA](#)



Search

for

News

- National NRCS News
- News Releases
- Success Stories-2003
- Success Stories-2004
- Success Stories-2005

- Find a Service Center

WV Soil Survey Staff Searches for Dissolved Phosphorus

There was a large void in the literature about the content of phosphorus in West Virginia soils. So the WV Soil Survey staff began studying soil phosphorus and added a great deal of information to the data gap.

"We began the study a few years ago by looking at the potential to hold phosphorus of the soils in the Potomac Basin." said Steve Carpenter, West Virginia State Soil Scientist. "Later, we calculated values for each soil series as to their phosphorus holding capacity because we really did not know how these soils were going to react to phosphorus loading. Now, we have pretty much ruled out phosphorus loss through the soil profile to the groundwater in most soils of the basin." That leaves another avenue to evaluate and that is dissolved phosphorus leaving the field in runoff.

A soil scientist team made up of Wendy Noll, Mark van Lear, David Kingsbury, Skip Bell, Rob Pate, Jared Beard (Team Leader), Eileen O'Neill, Aron Sattler, Steve Baker, and Katy McBride hit the field to collect the preliminary data for the runoff study in the Culler's Run and Upper Cove Run watersheds of the Lost River. During the week of January 9 through 12, nearly 200 soil borings and samples were taken for laboratory analysis at Lincoln, NE. Water samples were also taken.

Geographic Information System (GIS) generated maps aided the team in locating and getting to the sample points. GIS and Global Positioning System (GPS) technologies greatly decreased the cost of data collection and increased the precision of the data collected. "We were able to navigate right to the points, pull the sample and head to the next one. It was great!" said Wendy Noll, Soil Scientist/GIS Specialist for MO-13. The team was able to finish the job early and save nine days of lodging and per diem because of the new techniques.

The National Soil Survey Laboratory in Lincoln, NE will perform the soil sample lab tests

using an Anion Extractable Resin (AER) technique. When combined with the runoff equations in the National Engineering Field Manual (Estimating Runoff and Peak Discharges), the AER technique offers a cost-effective, reliable model for predicting average phosphorus concentrations for the watershed as a whole.

"We estimate dissolved phosphorus present in the runoff by 'plugging in' over 50 years of runoff data to the model which we call the 'NRCS method,'" said Carpenter. "We use the AER data to estimate phosphorus release, runoff data from soil by annual rainfall, and an energy conversion factor that relates soil-water suspension to rainfall energy".

As part of a Congressional Earmark, the results of the study are expected to be available later this year. For further information, please contact [Steve Carpenter](#), [Wendy Noll](#) at the [Major Land Resource Area #13](#) or [Jared Beard](#) at the [Moorefield Service Center](#).



Since we traversed some poultry farms, we were careful not to introduce foreign pathogens. Rob Pate with plastic boot covers for microbial control.



The Soil Phosphorus Team. From Left: Wendy Noll, Eileen O'Neill, and Katy McBride. Back Row from Left: Jared Beard, Steve Baker, Aron Sattler, David Kingsbury, Skip Bell, Mark van Lear. (Rob Pate taking photograph).



Phosphorus team synchronizing their GPS units. Mark Van Lear and Rob Pate compare position data. These devices saved us a whole lot of time....

[< Back to 2006 News and Views](#)



Search

for

News

- National NRCS News
- News Releases
- Success Stories-
2003
- Success Stories-
2004
- Success Stories-
2005
- Find a Service Center

Plant Material Center Partners in Native Plants Project

The Alderson West Virginia Plant Materials Center (PMC) is helping the U.S. Army Corps of Engineers (USACE) fulfill its mission of restoring ecosystems to their natural state.

The vegetation at the approximately 150 acre Marmet Locks and Dam site was removed for a construction project. Prior to construction, Alderson Plant Material Center employees transplanted six plant species from the Marmet Locks and Dam site in 2001.

The plants are:

- Silver maple (*Acer saccharinum*)
- Spicebush (*Lindera benzoin*)
- Elderberry (*Sambucus canadensis*)
- Pawpaw (*Asimina triloba*)
- Sassafras (*Sassafras albidum*)
- Yellow buckeye (*Aesculus octandra*)

These species may not be readily available from commercial nurseries. Harvesting took two to three employees about one month. Plant harvesting was done primarily in late winter and early spring while the plants were dormant or semi-dormant. Seed of silver maple were harvested in the spring and planted immediately, since silver maple seed has no dormant period. Other seeds were harvested in the fall. All plant and seed harvesting was completed with hand labor only.

Most of the plants were placed in nursery pots and are being maintained in a 20 by 96 foot nursery shade house.



A shade house with a winter protective cover.

The yellow buckeye is growing in a nursery bed. A small number of plants were returned to the site in the fall of 2005. The remaining plants will be returned to the site in 2008. The PMC will informally monitor survival.

The project allows for local ecotypes of each species to be re-established on the site by preserving genetic diversity and maintaining genetic integrity by using existing plant populations. This is important because the health of a population relies on having a large genetic pool instead of using a single parent seed source.

The Marmet Locks and Dam are located in Kanawha County on the Kanawha River a short distance above Charleston, West Virginia. The project includes building a new lock and approach channel to accommodate big towboats that regularly traverse the river, pushing barges full of coal. About 138 acres will be used for the project and the balance re-vegetated for wildlife purposes. The Marmet project is among the biggest projects in the USACE 17-state Great Lakes and Ohio River Division.

[< Back to February News and Views](#)



Search

for

News

- National NRCS News
- News Releases
- Success Stories-
2003
- Success Stories-
2004
- Success Stories-
2005
- Find a Service Center

Save Energy Save Money



By using conservation practices, producers can save money and energy without having to sign up for programs or fill out paperwork.

•Agriculture Secretary Mike Johanns

A USDA Energy Initiative was launched to help farmers and ranchers with high energy costs. Many conservation measures can significantly reduce fuel use and other energy-related costs. Go to www.wv.nrcs.usda.gov/news/release/2006/06_jan05_energy.html for some things West Virginia farmers can do to save energy and money.

Poster and brochures were sent to the offices. These new items focus on conservation practices that contribute to energy efficiency and fuel savings. Additional copies may be ordered through the [publications link](#) on the NRCS website or by contacting [Claire Carpenter](#) at 304-284-7575.

A newly revised on-line energy calculator designed to help producers to reduce fuel usage. USDA's Natural Resources Conservation Service developed the "Energy Estimator" to calculate the diesel fuel usage and costs associated with various tillage practices, helping producers to make practical, money-saving decisions. This and other energy saving ideas may be found at <http://www.nrcs.usda.gov/technical/energy/>

[< Back to February News and Views](#)



Search

for

News

- National NRCS News
- News Releases
- Success Stories-
2003
- Success Stories-
2004
- Success Stories-
2005
- Find a Service Center

Agricultural Statistics



In December, the U.S. Department of Agriculture's National Agricultural Statistics Service (NASS) launched a newly redesigned web site, www.nass.usda.gov. With a simple click of the mouse, there is now more agricultural data available at your fingertips. The site has been completely revamped to better serve the needs of NASS customers including farmers, researchers, government officials, journalists, and teachers.

"Anyone interested in U.S. agriculture will find that the new site is not only informative and easy to use, but that it makes the most of the latest technology," said R. Ronald Bosecker, NASS administrator. "The NASS web development team incorporated a variety of tools to enhance the site's usability and enrich its content."

The site provides comprehensive statistical data on every facet of U.S. agriculture. Features such as the Quick Stats Agricultural Statistics Database offer the ability to search for data by commodity, state(s) and year(s). National, state and county level data can then be downloaded for easy use in a database or spreadsheet. NASS conducts hundreds of surveys every year and prepares reports covering virtually every aspect of U.S. agriculture-production. Prices paid and received by farmers, farm labor and wages, farm finances, chemical use, and changes in the demographics of U.S. producers are only a few examples of information available.

NASS data users are encouraged to bookmark the site and visit it often, as it will be frequently updated with new information. USDA reports, such as the monthly Crop Production publication, will continue to be available online just minutes after release. Additionally, up-to-date information on surveys currently being conducted, as well as upcoming initiatives such as the 2007 Census of Agriculture, is just a click away.

West Virginia Statistics may be found at: http://www.nass.usda.gov/Statistics_by_State/West_Virginia/index.aspContent

< [Back to February News and Views](#)



Search

for

News

- National NRCS News
- News Releases
- Success Stories-
2003
- Success Stories-
2004
- Success Stories-
2005
- Find a Service Center



Growing New Farmers

Growing New Farmers (GNF) is a regional initiative to provide future generations of Northeast farmers with the support and expertise they need to succeed. GNF brings together service providers from across the Northeast who are committed to working with and advocating for new and beginning farmers. GNF serves the Northeast states of Maine, Vermont, New Hampshire, Massachusetts, Rhode Island, Connecticut, New York, New Jersey, Pennsylvania, Maryland, Delaware, and West Virginia.

Growing New Farmers began as a four-year project funded by a grant from the US Department of Agriculture. The project established a professional network and service delivery system focused on new farmers. It created the [GNF website](#) targeted to new farmers and their service providers. Project partners and Consortium members developed dozens of tools and resources for new farmers and the service providers who work with them.

"During the many USDA Farm Bill Forums held this year, I've heard from countless people who share my concern over the need to develop opportunities for new agricultural producers," said Agriculture Secretary Mike Johanns. "Beginning farmers and ranchers are the future of this nation." Johanns authorized the incorporation of beginning farmers and ranchers into the Departmental Regulation on Small Farms. This authorization means that beginning farmers and ranchers will be considered within the Small Farm program mandate -- a big step of recognition for new farmers! This regulation is in the process of clearing all the mission areas within USDA.

In the Northeast, as nationally, there are twice as many farmers over the age of sixty-

five as under 35. Over 400 million acres of farmland will change hands in the next twenty years. Traditional methods of learning to farm and acquiring the necessary resources are no longer sufficient to insure a new generation of farm operators.

- Most Northeast new farmers are young, although some are older, "mid-life career changers."
- More and more new farmers are coming from non-farm backgrounds — they did not grow up on farms.
- In our region, new farmers are ethnically and culturally diverse; there are new farmers of Asian and Hispanic origin, but few African-American new farmers.
- Northeast new farmers are interested in a very wide range of farming enterprise types, crops, production and marketing strategies.
- Many new farmers will start out farming part-time, and some will continue part-time for a variety of reasons.

Go to <http://www.growingnewfarmers.org/index.htm> for more information on Growing New Farmers (GNF).

< Back to February News and Views



Search

for

News

- National NRCS News
- News Releases
- Success Stories-2003
- Success Stories-2004
- Success Stories-2005
- Find a Service Center

Conservation Education

2006 West Virginia Envirothon slated for April 27 at Jackson's Mill

More than 200 high school students from 42 public and private schools and youth organizations across West Virginia are expected to compete in the 10th annual WV Envirothon on Thursday, April 27 at Jackson's Mill.

At this outdoor event, teams of five students rotate through four "eco-stations" where they demonstrate their environmental knowledge through hands-on activities in Aquatics, Forestry, Soils, and Wildlife. Each team also gives a presentation on their research into the year's designated current issue. This year's current issue is "Water Stewardship in a Changing Climate."

Teams prepare for the Envirothon throughout the year through classroom curricula and workshops. Each year teams focus on a different current issue that they research in their own community prior to the competition.

This year's competition takes place at Jackson's Mill. The grandparents of General Thomas J. "Stonewall" Jackson settled on the site in 1801 and constructed a log cabin and gristmill. In 1921, an act of the West Virginia Legislature named Jackson's Mill as a state 4-H camp, the first such camp in the nation. It was placed under the care of West Virginia University (WVU) and is also an important venue for adult education, special events, conferences, and meetings.

If you are interested in helping on April 27, contact [Greg Kist](#) at 304-422-9072 ext. 46, [Carlos Cole](#) at 304-372-6231 ext. 113, or [Carol Lagodich](#) at 304-284-4826.

[< Back to February News and Views](#)



Search

for

News

- National NRCS News
- News Releases
- Success Stories-
2003
- Success Stories-
2004
- Success Stories-
2005
- Find a Service Center

Bits and Pieces

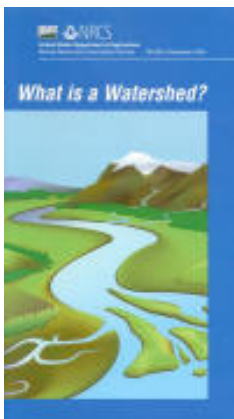


Helping People Help the Land Banners

LANDCARE has two vinyl "Helping People Help the Land" banners available for use. This phrase links the work we do with landowners and partners who actually put conservation on the land and improve the environment. The banners are approximately 12 feet wide by 3 feet tall and are punched with metal grommets for hanging. These banners may be reserved in the same manner as other NRCS exhibits either via email to alan.benge@ia.usda.gov or landcare@usda.gov. Alan can also be reached over the phone at 515-289-0325 ext. 104.

NRCS Exhibits

NRCS Exhibits are now handled by the Des Moines LANDCARE staff. Available exhibits can be viewed on the web page: <http://www.nrcs.usda.gov/feature/exhibits/> in pdf format. Ordering instructions are also available on that page. A nice change is FedEx charges for shipping exhibits both directions will now be covered by LANDCARE.



Watershed Brochure Again Available

Landcare, the publication distributor for the Natural Resources Conservation Service (NRCS), reprinted the *What is a Watershed?* brochure. The latest version is printed on recycled paper, contains colorful pictures, and conveys information on the functions of a watershed.

What is a Watershed? provides information on how to keep a watershed healthy. A watershed is an area where all the water in that area flows to the same point, being a river, stream, or some other moving body of water. The watershed hydrologic unit boundaries provide a way to subdivide large drainage areas into management units. Watersheds serve many purposes including transportation of water and sediments.

NRCS is using watersheds to determine eligibility for the Conservation Security Program (CSP). This is a stewardship rewards program for farmers and landowners who meet the highest standards of conservation and environmental management. This year, three West Virginia watersheds are eligible for CSP application. They are the Lower Kanawha Watershed, Little Kanawha Watershed, and North Fork Shenandoah Watershed.

What is a Watershed? may be ordered through the [publications link](#) on the NRCS website or by contacting [Carol Lagodich](#) at 304-284-4826

< [Back to February News and Views](#)

[▲ Back to Top](#)

West Virginia NRCS Home | [Site Map](#) | [Contact](#) | [Accessibility](#) | [NRCS](#) | [USDA](#)



Search

for

News

- National NRCS News
- News Releases
- Success Stories-
2003
- Success Stories-
2004
- Success Stories-
2005
- Find a Service Center

Useful Links

Limiting Liability to Landowners

Rob Pate and the WV Dept. of Agriculture researched landowners liability if they allow hunting on their farm.

WV Code, Chapter 19, section 25, limiting liability to landowners who allow hunting on their property.

<http://www.legis.state.wv.us/WVCODE/19/masterfrmFrm.htm>

West Virginia Code

§19-25-2. Limiting duty of landowner generally.

Subject to the provisions of section four of this article, an owner of land owes no duty of care to keep the premises safe for entry or use by others for recreational or wildlife propagation purposes, or to give any warning of a dangerous or hazardous condition, use, structure or activity on such premises to persons entering for such purposes.

Subject to the provisions of section four of this article, an owner of land who either directly or indirectly invites or permits without charge as that term is defined in section five of this article, any person to use such property for recreational or wildlife propagation purposes does not thereby: (a) Extend any assurance that the premises are safe for any purpose; or (b) confer upon such persons the legal status of an invitee or licensee to whom a duty of care is owed; or (c) assume responsibility for or incur liability for any injury to person or property caused by an act or omission of such persons.

What You Need to Know When the Power Goes Out Unexpectedly

CDC offers tips to help you prepare for and cope with sudden loss of power

<http://www.bt.cdc.gov/poweroutage/needtoknow.asp>

Thrift Savings Plan Catch-Up Contributions 2006 Tax Year Update

The TSP Catch-up contribution limit for the 2006 tax year is \$5,000.

What are "catch-up contributions"?

Catch-up contributions are supplemental tax-deferred contributions available to TSP participants age 50 or older who are already contributing the maximum amount of regular TSP contributions for which they are eligible. Catch-up contributions have their own annual limit--\$5,000 in 2006; thereafter, increases will be indexed to inflation).

Employees who meet all of the following conditions are eligible to make catch-up contributions:

- Age 50 or older in the year the catch-up contributions are made (the participant's birthday can be as late as December 31 of that year)
- At work or on paid leave during the pay period in order to make contributions, and
- Contributing the maximum TSP annual contribution limit for the 2006 tax year (\$15,000)

For more information, go to <http://www.tsp.gov/forms/oc03-03.pdf>

If you are eligible, you can submit an election at any time to make these contributions using [Form TSP-1-C, Catch-up Contribution Election](#). Send the form to Human Resources.

New Cardiopulmonary Resuscitation (CPR) Guidelines

Submitted by Rebecca Flanagan

The American Heart Association adopted new CPR science guidelines in November 2005. Putting the emphasis on chest compressions instead of mouth-to-mouth resuscitation, the American Heart Association now urges people to give 30 compressions instead of 15 for every two rescue breaths. The streamlined guidelines should make it easier for people to learn CPR. Earlier rules were different for adults and for children and called on untrained rescuers to stop pushing the chest periodically to check for signs of circulation.

Now, the advice is the same for all ages 30 compressions and you don't have to stop to check for improvement. What's important is to keep the blood flowing.

For more information go to www.americanheart.org/eccguidelines

Merit Principles Survey 2005

Nearly 37,000 full-time civilian Federal employees completed the 2005 Merit Principles Survey. These employees were randomly sampled from 24 agencies and represented viewpoints of employees at the non-supervisor, team leader/supervisor, and manager/senior executive levels.

Some of our Strengths:

- Federal employees are committed public servants.
- They like their jobs
- They are motivated more by their work than by external rewards.

Some Improvement Opportunities:

- Just over half of Federal employees are satisfied with how well they are supported in their public service role
- Just over half are satisfied with pay and fewer than half are satisfied with rewards.
- They would like more training but have not formally communicated their

expectations.

Read more at <http://www.mspb.gov/studies/newsletters/06jannws/2006january.htm#survey>

2006 Salary Tables and Related Information can be found at <http://www.opm.gov/oca/06tables/indexGS.asp>

< Back to February News and Views

[▲ Back to Top](#)

West Virginia NRCS Home | [Site Map](#) | [Contact](#) | [Accessibility](#) | [NRCS](#) | [USDA](#)



Search

for

News

- National NRCS News
- News Releases
- Success Stories-2003
- Success Stories-2004
- Success Stories-2005

- Find a Service Center

Meet . . .

JR Wolfe

Hi Folks!

It was suggested that I had been having some experiences that some of you might find interesting. My wife thinks its my mid-life crisis, a little early I hope.

I still remember the day Pat Bowen stopped me in the hall outside the field office in Philippi and told me about an opportunity for travel. Pat often looked for ways to get me out of his hair for a while. He had a friend in Rotary who was looking for applicants for a group study exchange team to spend a month in Japan. My wife agreed (she also often looks for ways to get rid of me) and, after being chosen, I was on my way to Japan for 30 days. Our flight left Detroit 10 days after 9-11. There were 51 of us on a 747 that normally carries 407 persons. Thirty days of seeing the sites, visiting dignitaries and eating raw fish was quite an experience. The best part was staying in the homes of 10 different families.



JR (right) with a host family



The Rotary team with a traditionally dressed serving staff.



The Rotary team visited the Memorial Cenotaph for Atomic Bomb Victims. It contains a list of all the people who were killed by the explosion or died due to the bombing's long-term effects such as cancer caused by radiation.

I decided to join Rotary when I returned. The experience I'd had plus all I had learned about Rotary made me want to be a part of the organization.

Two years went by and I decided I'd like to do it again. I applied and was chosen the Rotary leader of the Group Study Exchange (GSE) Team to the Republic of the Philippines. This trip was thirty-one days and although in the same general region of the South Asia, the Philippines was nothing like Japan. Almost every business had a guard with an automatic rifle or sawed-off shotgun. When we left Makati City (financial capitol of the Philippines) to spend the weekend in the country, we were constantly surrounded by guards with automatic weapons because of the communist guerrillas in the area. More traumatic than anything was the expectation that we join in eating the national delicacy, Balut. Balut are duck eggs that are incubated for two to three weeks then hardboiled. I couldn't drink enough beer to get the taste of little ducky out of my mouth, but after a while, I ceased to care. One of the saving graces was the five-dollar massages that went on for over an hour. Again, the best part of the trip was meeting the people.

In March 2005, I went with a group of Rotarians to Guatemala. We went to visit the town of San Lucas Toliman which sits between four volcanoes on the shore of Lake Atitlan at an elevation of just over five thousand feet. We visited Rotary and Habitat for Humanity projects. Most of the Mayans who live there exist on seven to eight hundred dollars per year. The people are beautiful and appreciate the help that comes to them. I returned to San Lucas in November to work on a Habitat House and firm up a water project which will provide clean water for 502 families. I also met a young family looking for sponsors for their children. My wife and I now help them each month through the Christian Foundation for Children and the Aged. I look forward to returning to see Jenifer and Rony again.

I will be helping to raise money for the WV Special Olympics again this February. On February 18, approximately 100 persons who have collected sponsorships will jump

into Cheat Lake. Last year the Fire Department had to break the ice from the surface of the 37-degree water so we could get in.



I told folks that I wouldn't do it for less than \$1,000.00 and sweetened the deal by saying the highest contributor could decide what I wore. I was amazed that so many people wanted me to go jump in a lake, literally! I raised \$1,200.00 and walked in wearing cut-off bib overalls and a rabbit fur mad bomber hat.

Thank goodness the guys in the Morgantown Service Center couldn't come up with the big donation. They wanted me to wear something from Victoria's Secret. That's just way too much ugly hanging out! I am currently looking for sponsors under the same terms. How about it?

[< Back to February News and Views](#)

[▲ Back to Top](#)

[West Virginia NRCS Home](#) | [Site Map](#) | [Contact](#) | [Accessibility](#) | [NRCS](#) | [USDA](#)



Search

for

News

- National NRCS News
- News Releases
- Success Stories-2003
- Success Stories-2004
- Success Stories-2005

- Find a Service Center

Delmas Carr Retires

Submitted by Carrie A. Crislip, Soil Conservationist

Approximately 60 friends & co-workers turned out to celebrate Delmas Carr's retirement on January 12th. It was a surprise party. Delmas had no idea until he walked through the door that the dinner was planned in his honor.

Delmas began his 35 year career as a SCS Soil Conservationist in Delaware. He transferred to Parkersburg, West Virginia as a Soil Conservationist. Delmas moved around the western part of the state—Putnam County, where he became a District Conservationist; then to Roane County; and finally back to Parkersburg where he spent the remainder of his career as the District Conservationist for Ritchie, Wirt, and Wood Counties. While in Parkersburg, he was involved with the North Fork Hughes River Watershed Project.



Delmas mingling with friends and co-workers.



Sam Ware presenting Delmas a photo of the completed North Fork Hughes River Watershed Project, as well as a "gag" gift.



Ron Hilliard presenting Delmas with his 35 year service award and pin.



Greg Kist presenting Delmas with a Fenton vase.



Marvin Kerr, Barbara Greenleaf, and Carrie Crislip presenting Delmas with a gift certificate to Cabelas so that he could purchase the gun he had been wanting. This was made possible as a result of the contributions from his friends and co-workers.

On January 3, his last day at work, Delmas expressed his feelings on retirement:

Today is my last day with NRCS. As of this evening I will be joining that elite group I have dreamed of for many years.

I leave with mixed feelings about this. It is something I am looking forward to, but it is also a little scary. I have had an exciting and enjoyable career with the SCS/NRCS. I have gotten to know and appreciate a lot of people throughout the years. It's this I will miss.

I thank each of you for your friendship and kindness over the years and wish each of you much success in the future.

[< Back to February News and Views](#)



Search

for

News

- National NRCS News
- News Releases
- Success Stories-2003
- Success Stories-2004
- Success Stories-2005
- Find a Service Center

Norris Long Retires

Submitted by Susan Davis, District Conservationist



Norris Long, Soil Conservation Technician, at the Buckeye Service Center (Marlinton Field Office) retired on January 3rd with 30 years of service.

Norris Long, Soil Conservation Technician, at the Buckeye Service Center (Marlinton Field Office) retired on January 3rd with 30 years of service.

Norris began his career in conservation work with the Greenbrier Valley Conservation District in the early 1970's. He was hired by the Soil Conservation Service as a technician after Layton Sharp retired. Norris provided assistance to numerous landowners throughout the years in Pocahontas County on engineering and agronomic practices. Norris served as one of the Area 1 FOCS specialists and provided assistance to fellow employees.

A retirement dinner was held in Norris' honor on December 17th at the Sixties Café in Marlinton. Many co-workers, friends and relatives were in attendance at the event to wish Norris good luck in retirement. A book of memories was given to Norris at this event. Norris plans on spending his days of leisure playing music, sleeping in, watching TV and riding his new Harley.

[< Back to February News and Views](#)



Search

for

News

- National NRCS News
- News Releases
- Success Stories-2003
- Success Stories-2004
- Success Stories-2005
- Find a Service Center

Civil Rights

February is National Black History Month



The History and Origins of National Black History Month

Black History Month had its origins in the United States and was the idea of African American Scholar and educator Dr. Carter G. Woodson. Dr. Woodson was one of the first Black Americans to receive a Ph.D. from Harvard University.

In 1922 at the age of 47, he gave up his distinguished career as a university professor to dedicate himself to research and writing on the African American experience. Among Dr. Woodson's publications are *The Education of the Negro Prior to 1861*; *History of the Negro Church*; *Negro Makers of History*; *African Heroes and Heroines*; and perhaps his most famous book, *The Miseducation of the Negro*. Go to <http://www.nrcs.usda.gov/news/thisweek/2006/020106/blkhismo.html> for more information.

National Wear Red Day



State Office staff wearing red.

February 3 was National Wear Red Day—a day when Americans nationwide wear red to show their support for women's heart disease awareness. *Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women.*

Facts about women and cardiovascular disease

- Coronary heart disease is the No. 1 killer of women over age 25.

- Cardiovascular disease (CVD) kills nearly half a million women a year, about one per minute.
- CVD claims more lives than the next six most common causes of death combined.
- Only 13 percent of women are aware that heart disease is their No. 1 health threat.
- Sixty-four percent of women who died suddenly of coronary heart disease had no previous symptoms.
- Stroke is the No. 3 cause of death for American women and is a leading cause of serious, long-term disability.
- Stroke kills more women than men. In 2002, females represented nearly 62 percent of stroke deaths.
- Heart disease rates in post-menopausal women are two to three times higher than in pre-menopausal women of the same age.

Cardiovascular Diseases in West Virginia

Heart disease and stroke kill more than 960,000 people each year. Cardiovascular diseases are the leading cause of death in West Virginia and last year alone 7,790 (or 37% of all deaths) were attributed to heart disease or stroke.

Tips for Heart Health

- Don't smoke, and if you do, quit. Women who smoke are two to six times more likely to suffer a heart attack than non-smoking women. Smoking also boosts the risk of stroke and cancer.
- Aim for a healthy weight. It's important for a long, vigorous life. Overweight and obesity cause many preventable deaths.
- Get moving. Make a commitment to be more physically active. Aim for 30 minutes of moderate-intensity activity on most, preferably all, days of the week.
- Eat for heart health. Choose a diet low in saturated fat, trans fat, and cholesterol, and moderate in total fat.
- Know your numbers. Ask your doctor to check your blood pressure, cholesterol

(total, HDL, LDL, triglycerides), and blood glucose. Work with your doctor to improve any numbers that are not normal.

[< Back to February News and Views](#)

[▲ Back to Top](#)

[West Virginia NRCS Home](#) | [Site Map](#) | [Contact](#) | [Accessibility](#) | [NRCS](#) | [USDA](#)

Search

for

News

- National NRCS News
- News Releases
- Success Stories-2003
- Success Stories-2004
- Success Stories-2005

- Find a Service Center

Personnel Updates

As of January 23

Name	Action	Location	Change
Brewster, John	Resignation Effective 11/13/2005	Beckley AO	-
Duckworth, Brandon	Reassignment Effective 12/25/2005	Hamlin FO	Buckeye FO
Hannon, Valerie	Promotion Effective 12/11/2005	Point Pleasant FO	GS-457-12
Lupton, Pamela	Promotion Effective 11/27/2005	Moorefield FO	GS-458-07
Markwell, Brock	Resignation Effective 01/03/2006	Franklin FO	-
Sattler, Aron	Promotion Effective 01/22/2006	Soil Survey Project Office – Oak Hill	GS-470-7
Seybert, Joe	Promotion/ Reassignment Effective 10/30/2005	Philippi AO GS-810- 11	to State Office GS-810- 12
Sweeney, David	Promotion Effective 01/22/2006	Parkersburg AO	GS-810-09
Van Lear, Athena	Promotion Effective 11/13/2006	Soil Survey Project Office – Philippi	GS-470-07
Name Changes			

Greene, Angela	Name Change from Jessup effective 10/30/2005	CVI – Davis, WV	-
Bowers, Rebecca	Name Change from Lewis effective 11/27/2005	Romney FO	-
Crislip, Carrie	Name Chang from Kettermen effective 11/13/2005	Parkersburg FO	-

[< Back to February News and Views](#)

[▲ Back to Top](#)

[West Virginia NRCS Home](#) | [Site Map](#) | [Contact](#) | [Accessibility](#) | [NRCS](#) | [USDA](#)